



Lemon Turkey Soup

Savannah · 30/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

4

Description

A wonderful light soup perfect for the postholiday turkey leftovers The lemon in this recipe makes your palate zing and it is so friendly on the waistline when you need a light meal after the heaviness of the holidays Enjoy

Ingredients

- - 1 tablespoon olive oil - ½ cup chopped red onion - 1 clove garlic
- minced - ¾ cup thinly sliced carrots - ½ cup chopped celery - ½ cup diced red bell pepper - 2 cups turkey stock - 1 cup diced cooked turkey - 2 tablespoons freshly squeezed lemon juice - 2 teaspoons lemon zest - 2 cups fresh baby spinach leaves - 1 pinch sea salt - fresh ground black pepper to taste

Instructions

1. Heat olive oil in a pot over medium heat. Cook and stir onion and garlic in hot oil until fragrant
2. about 2 minutes. Add carrots
3. celery
4. and red bell pepper; cook and stir until carrots begin to soften
5. 8 to 10 minutes. Pour turkey stock into vegetable mixture and bring to a boil. Reduce heat to low and simmer until flavors blend
6. about 20 minutes. Stir cooked turkey
7. lemon juice
8. and lemon zest into turkey stock mixture; simmer until heated through
9. about 5 minutes. Add spinach leaves
10. salt
11. and black pepper; simmer until spinach wilts and turns bright green
12. 1 to 2 minutes.